What I claim as my invention is:

1. A portable exercising device that uses specially timed vibrations applied to the human body in order to promote the burning of body fat and the toning of muscles and said device comprising:
   A microprocessor that controls timing cycles of mechanical vibrations delivered to the human body;
   A computer program executing on said microprocessor and implementing algorithm that sets said timing cycles to achieve an efficient physical workout;
   A motor energized and de-energized by said microprocessor with said motor comprising an eccentric weight mounted on a shaft of said motor to produce said mechanical vibrations;
   A printed circuit board comprising said microprocessor, three light emitting diodes, three resistors, one capacitor, one slide switch, one pushbutton switch and two electric wires;
   A housing transferring said mechanical vibrations to human body and enclosing said printed circuit board, said motor and a Lithium coin cell battery;

2. The exercising device of claim 1 uses a microprocessor to control motor generated vibrations timed in such a way, as to make muscles of the body part being execised, to work and relax in a manner that promotes muscle toning and body fat burning;

3. The exercising device in claim 1 employs specially designed workout timing, that facilitates weight loss and muscle toning and implements said workout timing by means of said computer program running on said microprocessor;

4. The exercising device of claim 1, wherein said computer program implements an algorithm that sets said workout timing cycles and said program executes on said microprocessor and controls timing of said mechanical motor vibrations to promote efficient muscle workout and fat burning;

5. The exercising device of claim 1, wherein light emitting diodes controlled by microprocessor in claim 1 give visual indication to a user as to which workout is being used;

6. The exercising device of claim 1, wherein said device once turned on operates autonomously and runs the workout timing automatically without need for further user intervention;

7. The exercising device of claim 1, wherein said microprocessor and said computer program turn off motor and light emitting diodes automatically without need for a user intervention;

8. The exercising device of claim 1, wherein timed vibrations of said device allow it to be used as a warm up device before a regular physical exercise;

9. The exercising device of claim 1 using said microprocessor and said computer program allow a single pushbutton operation wherein pressing said pushbutton toggles change from one workout to another;

10. The exercising device of claim 1, wherein said motor vibrates at frequencies ranging from 90 to 100 Hz;

11. The exercising device of claim 1, wherein said housing has a shape that allows efficient transfer of said mechanical vibrations to human body;

12. The exercising device of claim 1, wherein said device upon completion of said workout goes into standby (sleep) mode and in said mode consumes 0.5 microamperes of current;

13. The exercising device of claim 1, wherein said microprocessor uses two "wired OR" outputs to energize said motor when said outputs sink current thru said motor.